

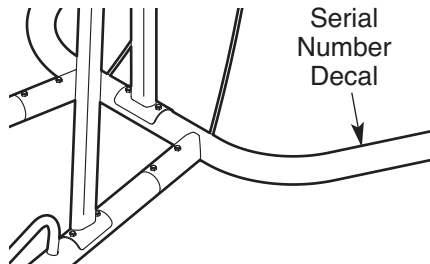
WEIDER® 390 LT

www.weiderfitness.com

Model No. WEBE3010.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

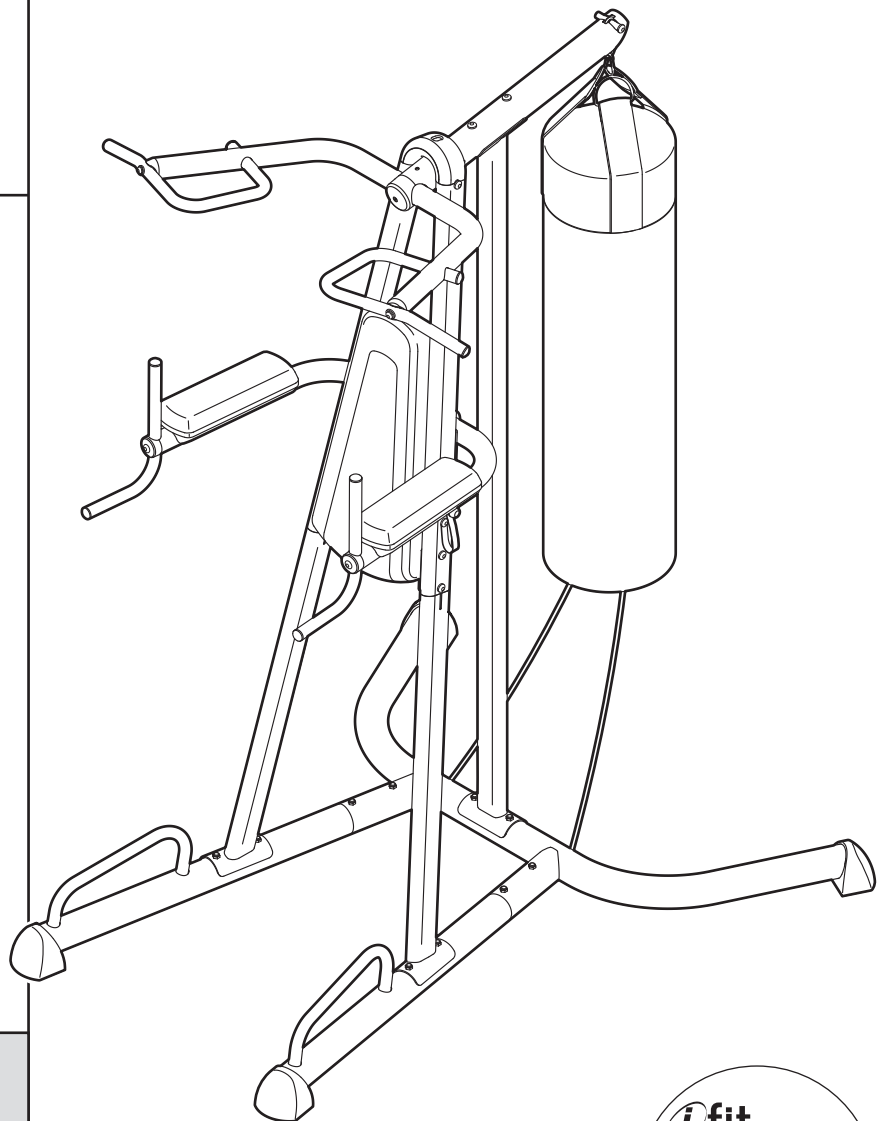
1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

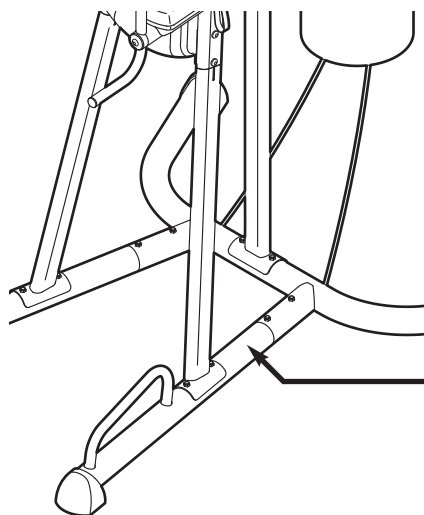


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 300 pounds.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise rack before using your exercise rack. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise rack only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
4. The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.
5. Keep the exercise rack indoors, away from moisture and dust. Place the exercise rack on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise rack to mount, dismount, and use the exercise rack.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the exercise rack at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while using the exercise rack.
10. The exercise rack is designed to support a maximum user weight of 300 lbs. (136 kg).
11. Always make sure that the adjustment pin is fully engaged before using the exercise rack.
12. Do not hang from the heavy bag.
13. Always use correct technique and wear the proper protective gear, such as hand wraps and bag gloves, while using the heavy bag. Using the heavy bag without correct technique or the proper protective gear could result in serious injury. Consult a reputable guide or source to learn correct heavy bag technique.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

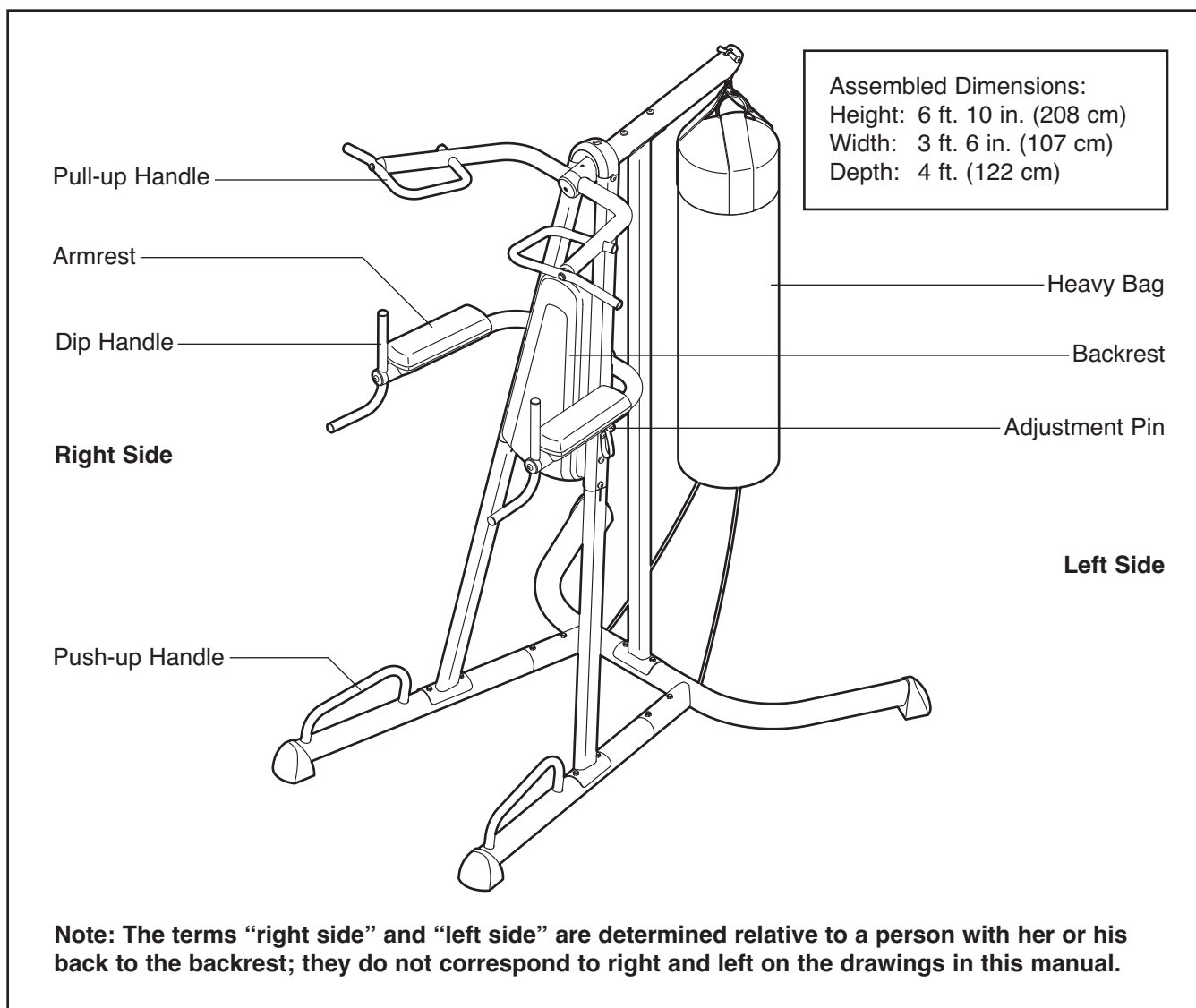
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 390 LT exercise rack. The 390 LT exercise rack is designed to develop the major muscle groups of the body. Whether your goal is to have a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise rack. If you have questions after

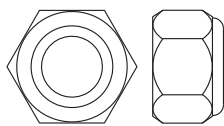
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

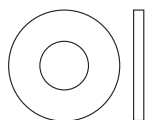


PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts required for assembly. The number in parentheses below each part refers to the key number of the part from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached. To avoid damaging parts, do not use power tools for assembly.**



M10 Locknut
(35)



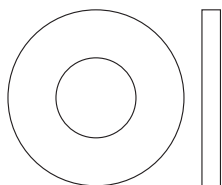
M6 Washer
(31)



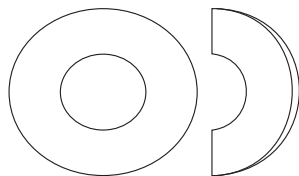
M6.5 Curved
Washer (36)



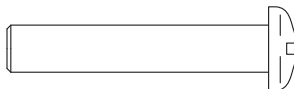
M8 Curved
Washer (44)



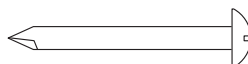
M10 Washer (23)



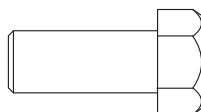
M10 Curved
Washer (37)



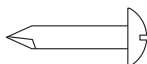
M6 x 35mm Screw (43)



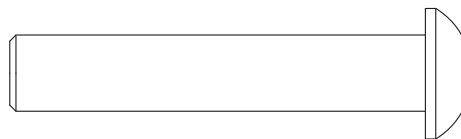
M4 x 30mm Self-tapping
Screw (42)



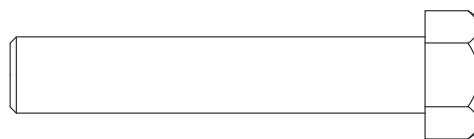
M8 x 20mm
Screw (39)



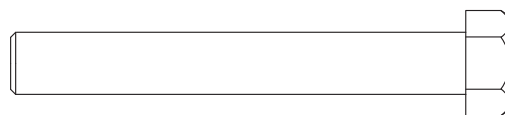
M4 x 16mm
Self-tapping
Screw (33)



M10 x 55mm Button Screw (45)



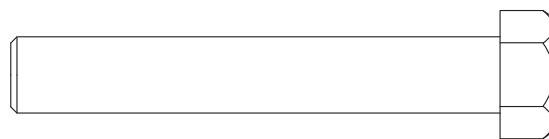
M10 x 55mm Bolt (40)



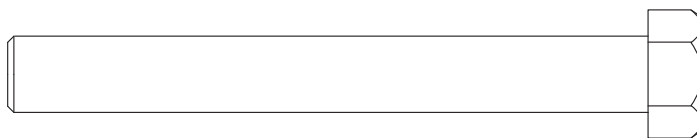
M8 x 60mm Screw (41)



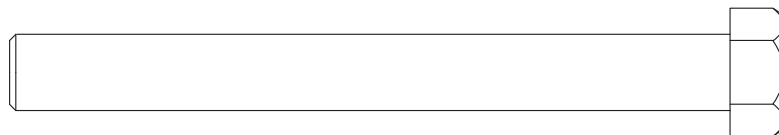
M6 x 65mm Screw (34)



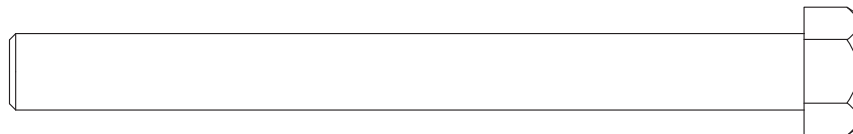
M10 x 65mm Screw (38)



M10 x 85mm Bolt (30)



M10 x 95mm Bolt (32)



M10 x 105mm Bolt (16)

ASSEMBLY

To make assembly easier, carefully read the following assembly tips:

- To hire an authorized service technician to assemble the exercise rack in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, the exercise rack should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the exercise rack as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- The included grease and the following tools (not included) may be required for assembly:

two adjustable wrenches 

one rubber mallet 

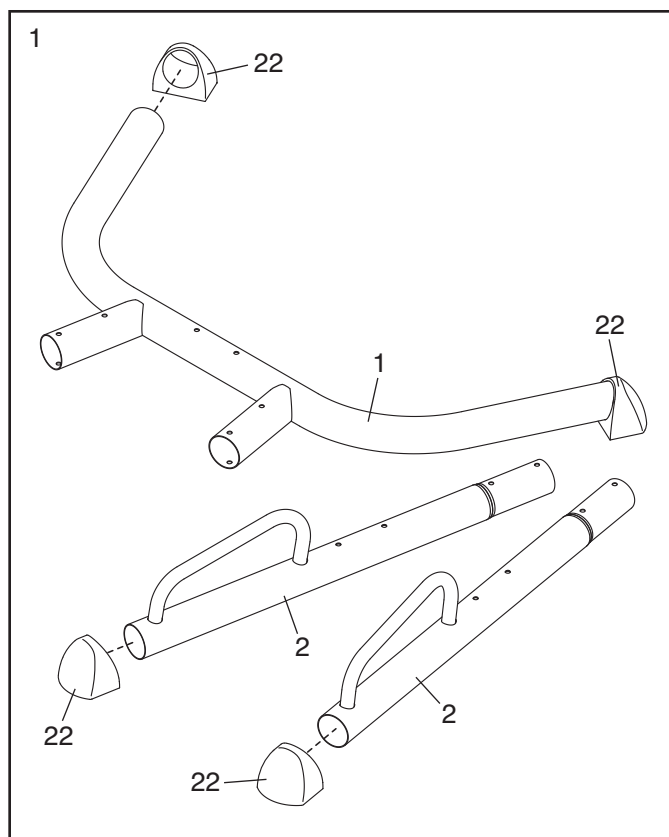
one standard screwdriver 

one Phillips screwdriver 

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Orient the Base (1) and the Base Extensions (2) as shown.

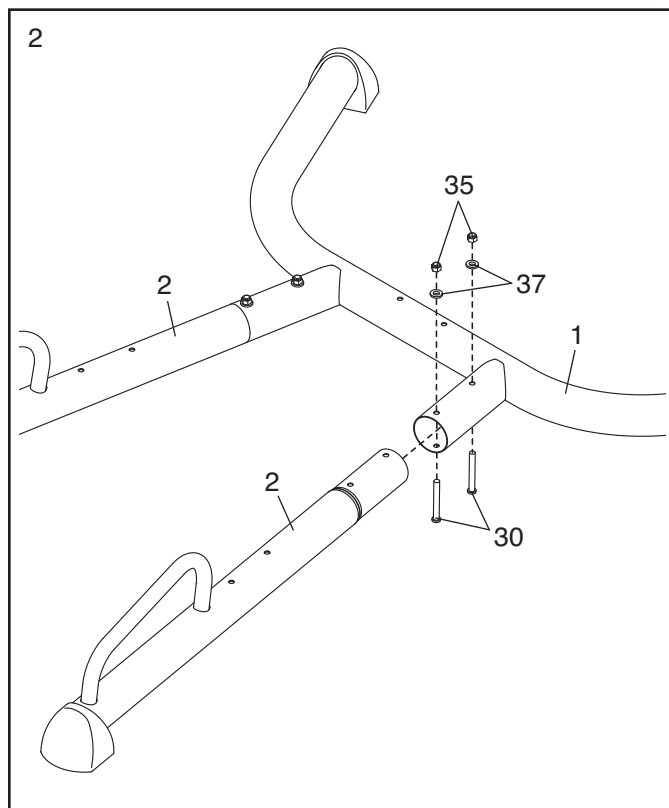
Press a Base Cap (22) onto each end of the Base (1). Then, press a Base Cap (22) onto the indicated end of each Base Extension (2).



2. Insert a Base Extension (2) into the Base (1).

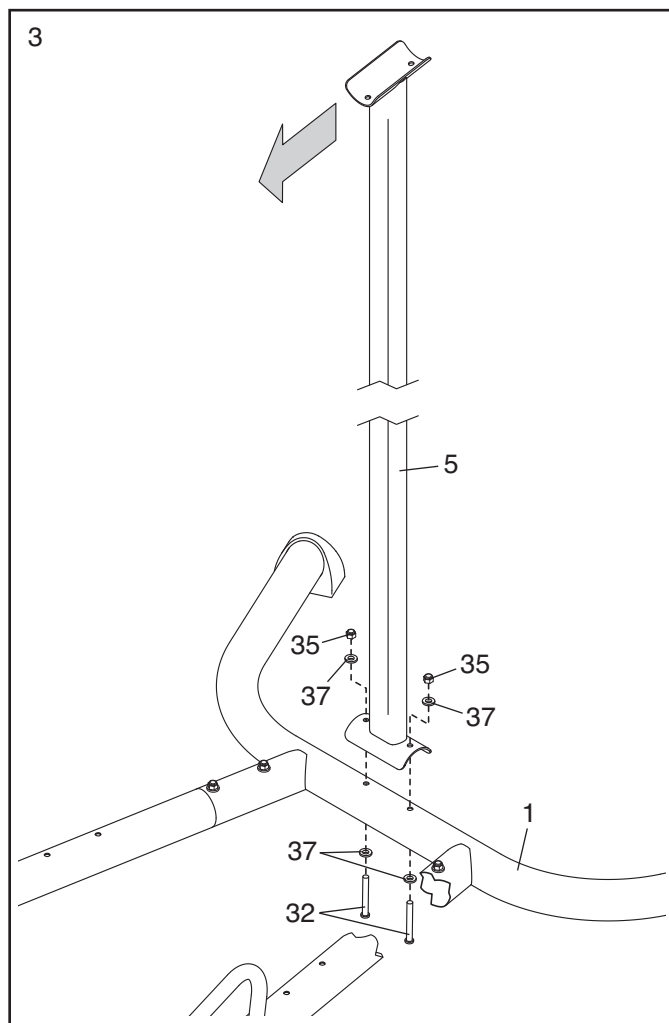
Attach the Base Extension (2) with two M10 x 85mm Bolts (30), two M10 Curved Washers (37), and two M10 Locknuts (35). **Do not fully tighten the Locknuts yet.**

Attach the other Base Extension (2) in the same way.

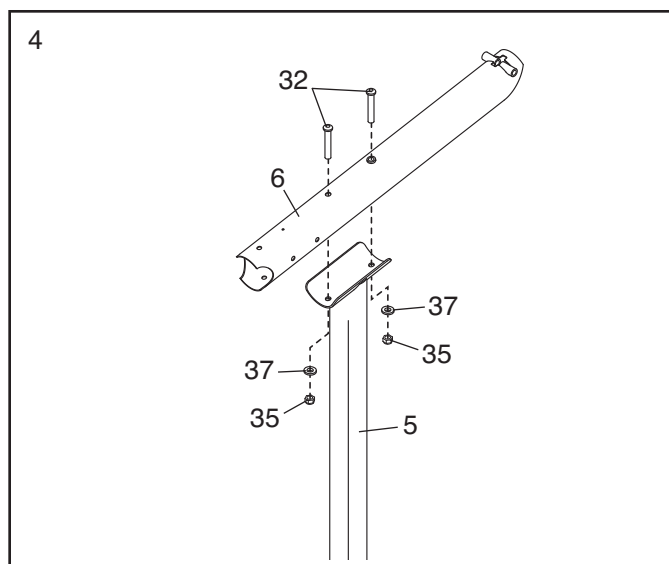


3. Orient the Rear Upright (5) so that the bracket on the upper end slopes downward in the direction shown by the arrow.

Attach the Rear Upright (5) to the Base (1) with two M10 x 95mm Bolts (32), four M10 Curved Washers (37), and two M10 Locknuts (35). **Do not tighten the Locknuts yet.**

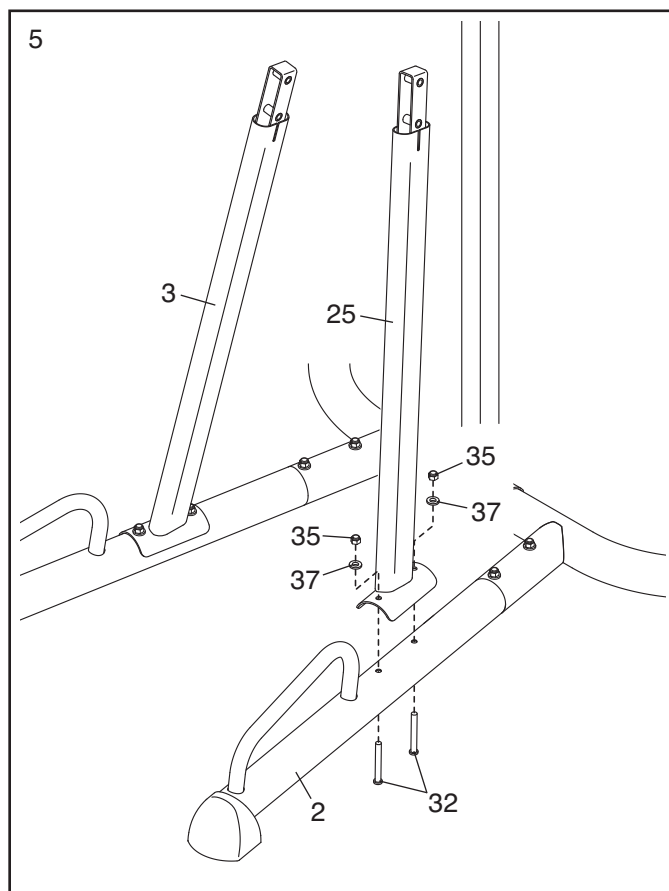


4. Attach the Top Frame (6) to the Rear Upright (5) with two M10 x 95mm Bolts (32), two M10 Curved Washers (37), and two M10 Locknuts (35). **Do not tighten the Locknuts yet.**

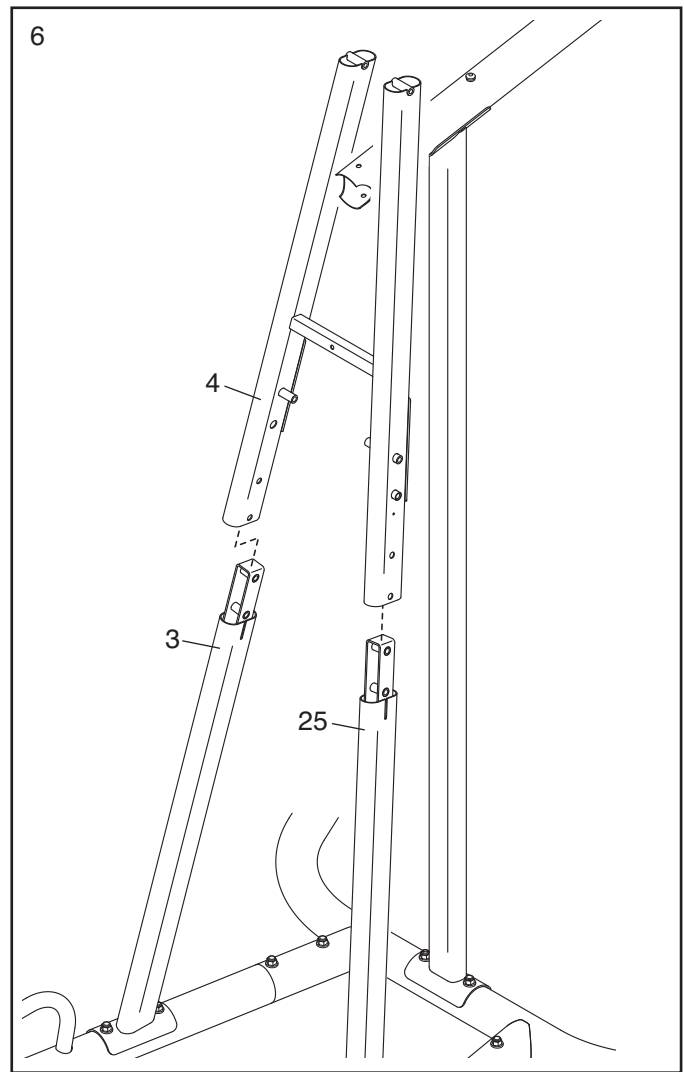


5. Attach the Left Front Upright (25) to the left Base Extension (2) with two M10 x 95mm Bolts (32), two M10 Curved Washers (37), and two M10 Locknuts (35). **Do not tighten the Locknuts yet.**

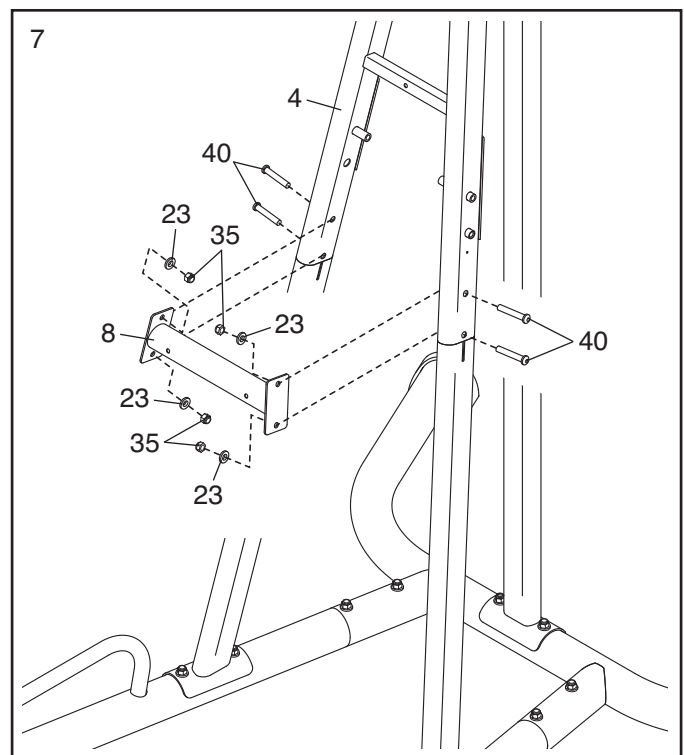
Attach the Right Front Upright (3) in the same way.



6. Slide the Front Frame (4) onto the Left and Right Front Uprights (25, 3).



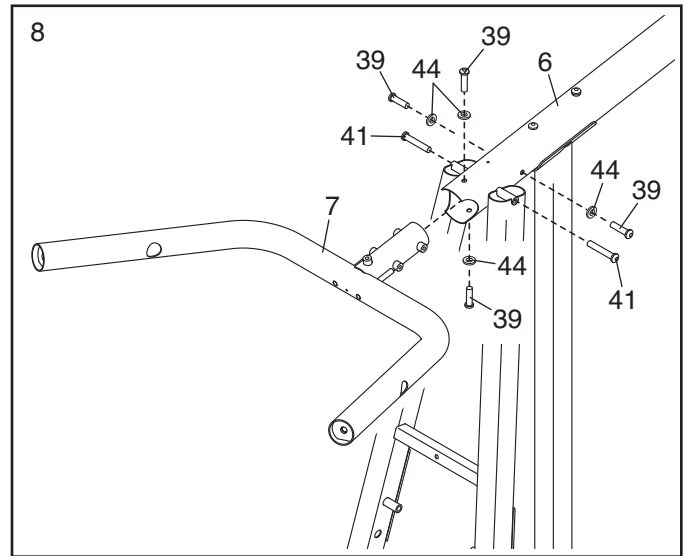
7. Attach the Backrest Frame (8) to the Front Frame (4) with four M10 x 55mm Bolts (40), four M10 Washers (23), and four M10 Locknuts (35).



8. Insert the Pull-up Frame (7) into the Top Frame (6).

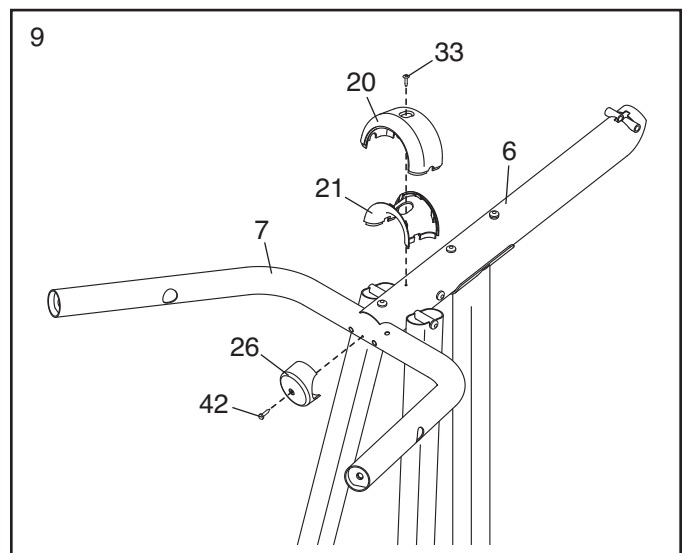
Attach the Pull-up Frame (7) with two M8 x 60mm Screws (41), four M8 x 20mm Screws (39), and four M8 Curved Washers (44).

See steps 2 through 5. Tighten the M10 Locknuts (35).



9. Attach the Front Frame Upper and Lower Caps (20, 21) to the Top Frame (6) with an M4 x 16mm Self-tapping Screw (33).

Attach the Pull-up Frame Cap (26) to the Pull-up Frame (7) with an M4 x 30mm Self-tapping Screw (42).

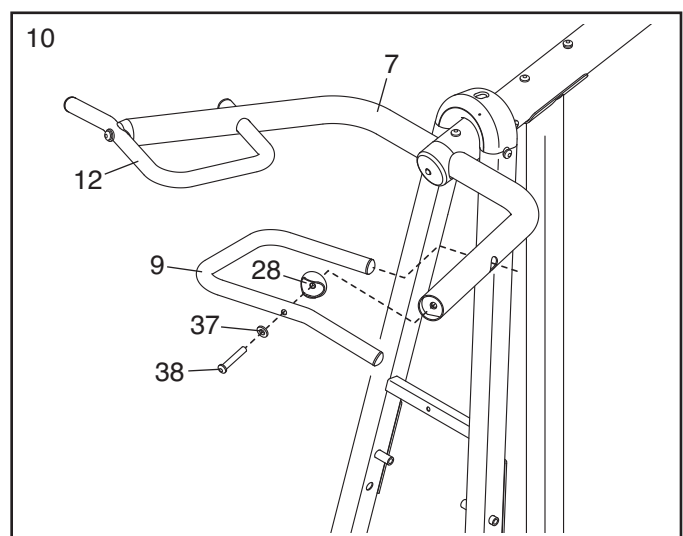


10. Identify the Left Pull-up Handle (9), which is marked with a “Left” sticker.

Insert the Left Pull-up Handle (9) into the Pull-up Frame (7).

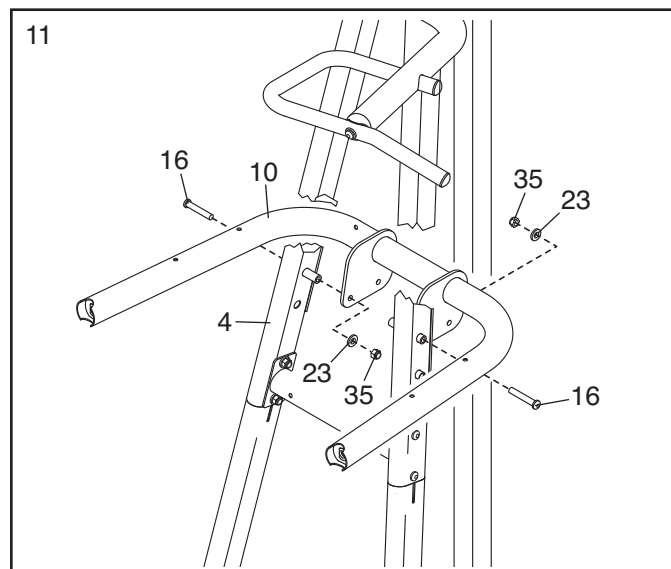
Attach the Left Pull-up Handle (9) with an M10 x 65mm Screw (38), an M10 Curved Washer (37), and a Pull-up Handle Mount (28).

Attach the Right Pull-up Handle (12) in the same way.



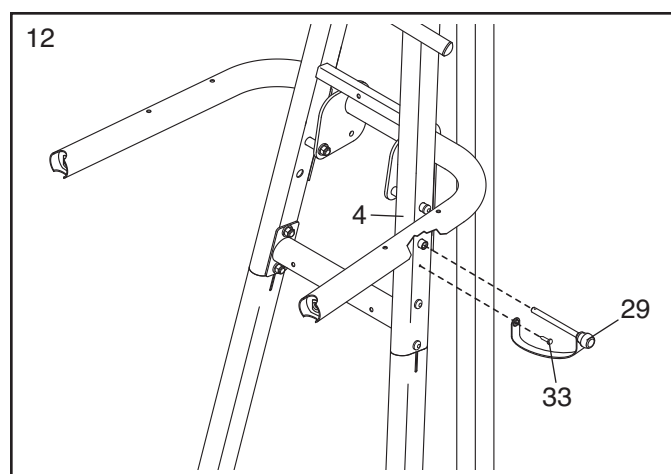
11. Hold the Dip Arm (10) behind the Front Frame (4) as shown.

Attach the Dip Arm (10) to the Front Frame (4) with two M10 x 105mm Bolts (16), two M10 Washers (23), and two M10 Locknuts (35). **Do not overtighten the Locknuts; the Dip Arm must pivot easily.**



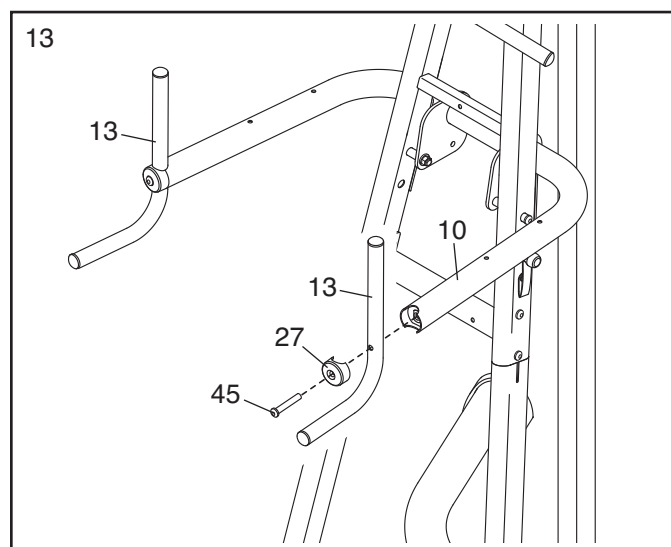
12. Insert the Adjustment Pin (29) into the Front Frame (4).

Attach the Adjustment Pin (29) to the Front Frame (4) with an M4 x 16mm Self-tapping Screw (33).



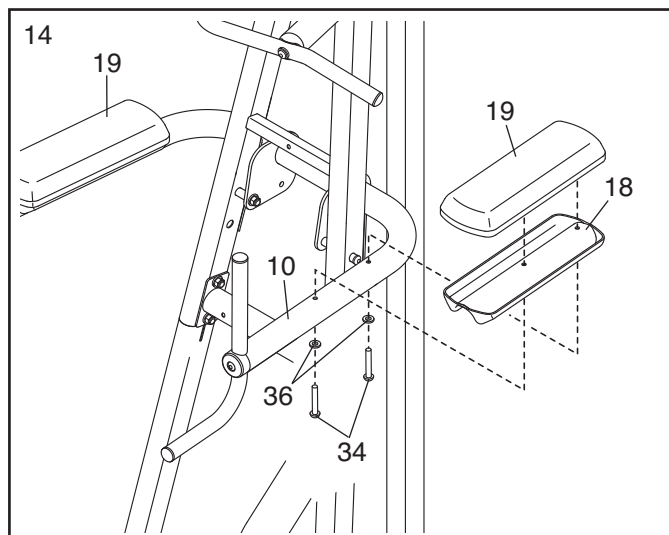
13. Attach a Dip Handle (13) to the Dip Arm (10) with an M10 x 55mm Button Screw (45) and a Dip Frame Cap (27).

Attach the other Dip Handle (13) in the same way.

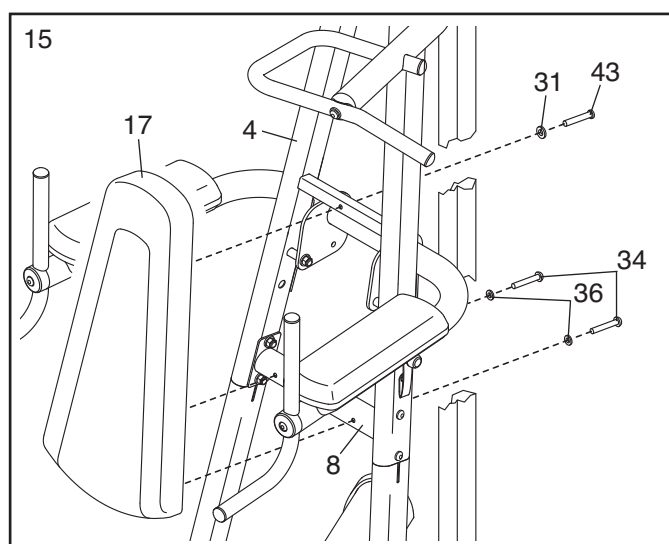


14. Attach an Armrest Base (18) and an Armrest (19) to the Dip Arm (10) with two M6 x 65mm Screws (34) and two M6.5 Curved Washers (36).

Attach the other Armrest (19) in the same way.

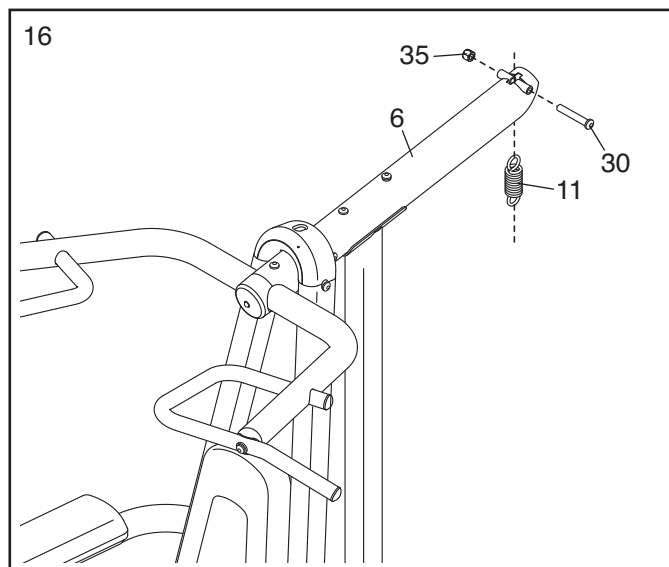


15. Attach the Backrest (17) to the Front Frame (4) and the Backrest Frame (8) with an M6 x 35mm Screw (43), an M6 Washer (31), two M6 x 65mm Screws (34), and two M6.5 Curved Washers (36).



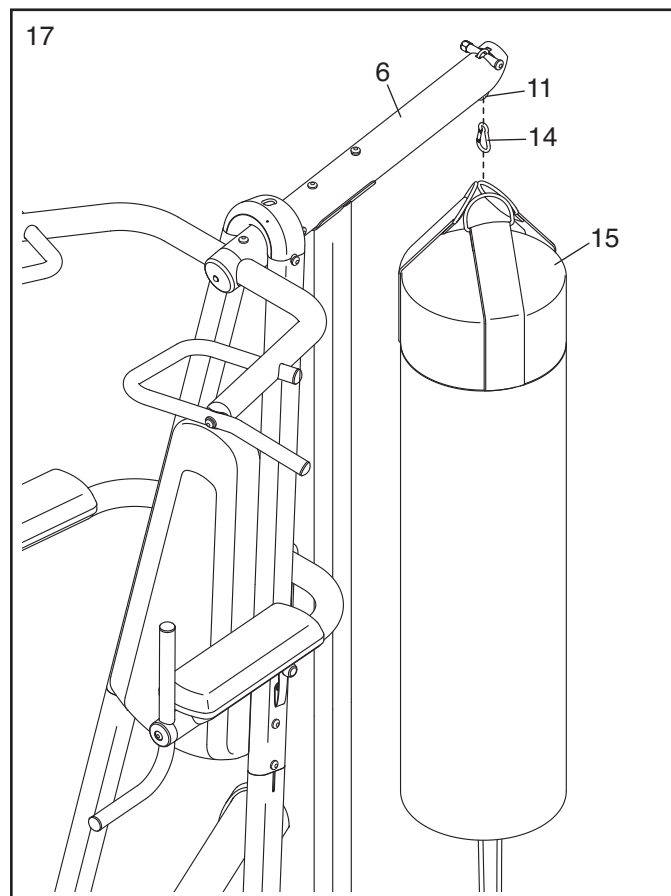
16. Insert the Spring (11) upward into the Top Frame (6).

Attach the Spring (11) to the Top Frame (6) with an M10 x 85mm Bolt (30) and an M10 Locknut (35).

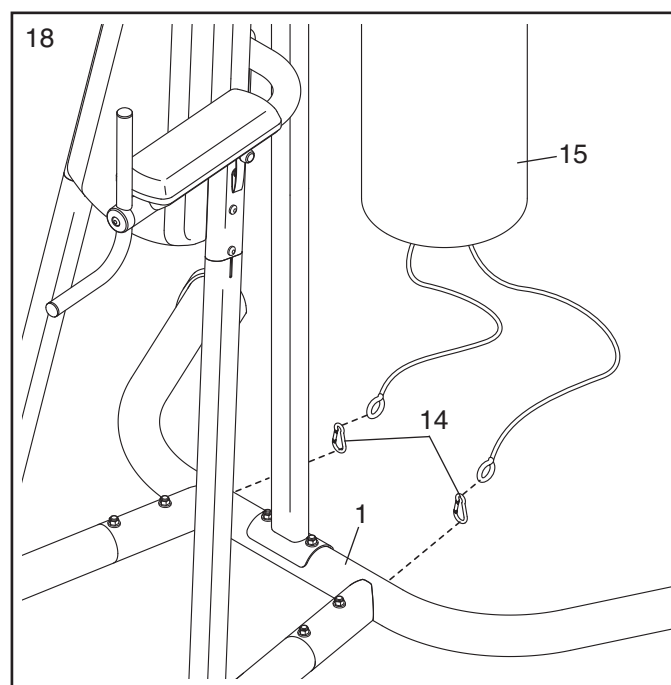


17. Attach a Clip (14) to the three rings on the Heavy Bag (15).

While a second person holds the Heavy Bag (15) near the Top Frame (6), attach the Clip (14) to the Spring (11).



18. Attach each cord on the Heavy Bag (15) to the Base (1) with a Clip (14).



19. **Make sure that all parts are properly tightened before you use the exercise rack.** The use of all remaining parts will be explained in ADJUSTMENT on page 14.

ADJUSTMENT

This section explains how to adjust the exercise rack. See the EXERCISE GUIDELINES on page 15 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for a variety of exercises.

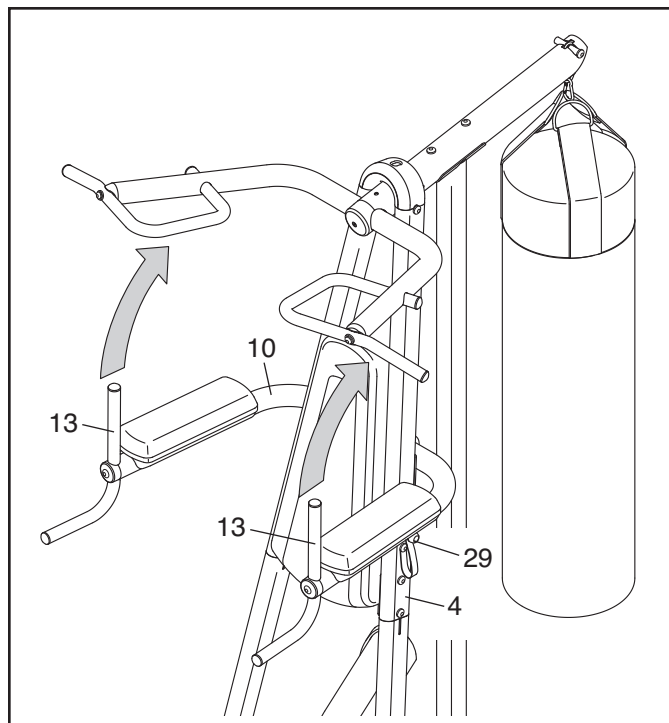
Make sure that all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately. The exercise rack can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents to clean the exercise rack.**

ADJUSTING THE DIP ARM

For some exercises, the Dip Arm (10) should be locked in the high position. First, remove the Adjustment Pin (29) and raise the Dip Handles (13).

Then, insert the Adjustment Pin (29) into the Front Frame (4) and into the hole in the welded plate (not shown) on the Dip Arm (10).

To use the Dip Arm (10), remove the Adjustment Pin (29), lower the Dip Handles (13), and insert the Adjustment Pin into the Front Frame (4).



EXERCISE GUIDELINES

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each strength workout with at least one day of rest.

Note: A "repetition" is one complete cycle of an exercise, such as one push-up. A "set" is a series of repetitions.

Warming Up—Start with 5 to 10 minutes of light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 5 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday
- One full day of rest each week to give your body time to regenerate

EXERCISE FORM

Move through the full range of motion for each exercise, and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month.

To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

NOTES

PART LIST—Model No. WEBE3010.0

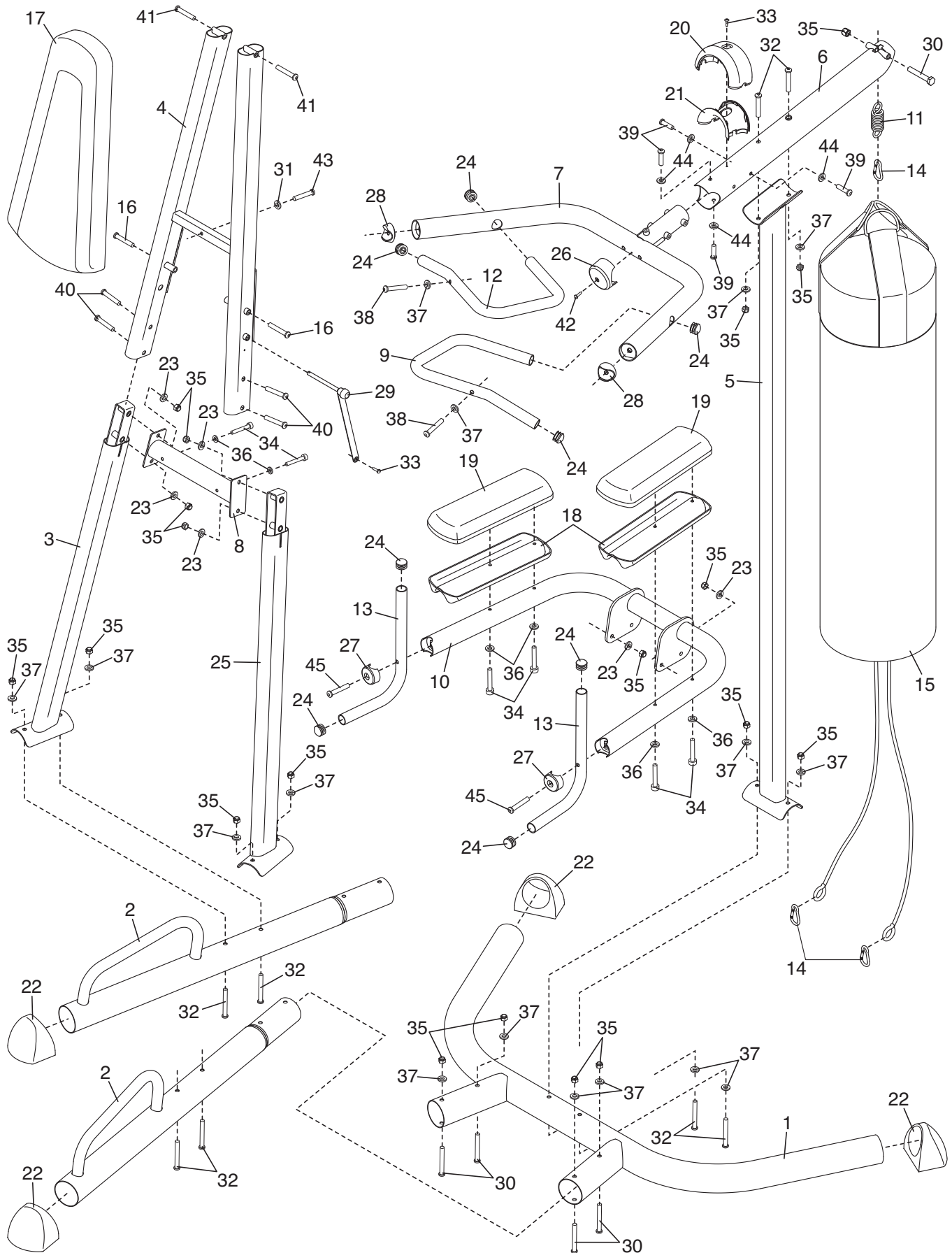
R0610A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	25	1	Left Front Upright
2	2	Base Extension	26	1	Pull-up Frame Cap
3	1	Right Front Upright	27	2	Dip Frame Cap
4	1	Front Frame	28	2	Pull-up Handle Mount
5	1	Rear Upright	29	1	Adjustment Pin
6	1	Top Frame	30	5	M10 x 85mm Bolt
7	1	Pull-up Frame	31	1	M6 Washer
8	1	Backrest Frame	32	8	M10 x 95mm Bolt
9	1	Left Pull-up Handle	33	2	M4 x 16mm Self-tapping Screw
10	1	Dip Arm	34	6	M6 x 65mm Screw
11	1	Spring	35	19	M10 Locknut
12	1	Right Pull-up Handle	36	6	M6.5 Curved Washer
13	2	Dip Handle	37	16	M10 Curved Washer
14	3	Clip	38	2	M10 x 65mm Screw
15	1	Heavy Bag	39	4	M8 x 20mm Screw
16	2	M10 x 105mm Bolt	40	4	M10 x 55mm Bolt
17	1	Backrest	41	2	M8 x 60mm Screw
18	2	Armrest Base	42	1	M4 x 30mm Self-tapping Screw
19	2	Armrest	43	1	M6 x 35mm Screw
20	1	Front Frame Upper Cap	44	4	M8 Curved Washer
21	1	Front Frame Lower Cap	45	2	M10 x 55mm Button Screw
22	4	Base Cap	*	—	User's Manual
23	6	M10 Washer	*	—	Assembly Tool
24	8	28mm Round Inner Cap	*	—	Exercise Chart

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEBE3010.0

R0610A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.weiderservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813